

# A Study to Assess the Knowledge and Attitude Regarding Family Planning Among Primi Post Natal Mothers at Mahila Chikitsalaya, Jaipur

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## ABSTRACT :

**Introduction :** A study to assess the knowledge and attitude regarding family planning among primi post natal mothers of Mahila Chikitsalaya, Jaipur.

**Material and Methods:** A non-experimental, Descriptive design was adopted; convenient sampling technique was used to select 100 subjects based on certain pre determined criteria. The data generated by using investigator developed structured interview schedule, content validity of investigator developed tool was obtained from experts of related departments.

**Results :** Out of 100 primi postnatal mothers, assessment of knowledge reveals that majority (60%) of primi postnatal mothers had moderate knowledge on family planning. The assessment of attitude of primi postnatal mothers revealed that majority (73%) of primi postnatal mothers had positive attitude on family planning. The correlation between the knowledge and attitude showed that there was a positive correlation between knowledge and attitude of primi postnatal mothers with regard to family planning.

**Conclusion :** Majority of the primi postnatal mothers had moderate knowledge with regards to family planning methods. The study shows that there was positive attitude regarding family planning methods. There was a positive correlation between knowledge and attitude of primi postnatal mothers with regards to family planning.

**Key words :** Family planning methods, knowledge and attitude.

## INTRODUCTION

Population explosion is one of the emerging problems faced by contemporary India. Awareness of family planning methods, developing positive attitude towards family planning methods can help in controlling population explosion. Ultimately resulting in healthy mother, healthy baby and healthy family. The purpose of the study was to assess the knowledge and attitude regarding family planning among primi post natal mothers at Mahila Chikitsalaya, Jaipur.

### The objectives were

01. To assess the knowledge of primi post natal mothers on family planning.
02. To assess the attitude of primi post natal mothers on family planning.
03. To correlate the knowledge and attitude of primi post natal mothers on family planning.
04. To associate the knowledge and attitude of primi post natal mothers with the selected demographic variables.

### The study is based on the assumptions that

- The primi postnatal mothers may have Knowledge regarding selected family planning methods to some extent.
- The primi postnatal mothers may have difference of opinion regarding family planning methods. The research hypothesis formulated was
- HO1: There is no significant correlation between knowledge and attitude among primi postnatal mothers about family planning.
- HO2: There is no significant association of knowledge with the selected demographic variables.
- HO3: There is no significant association of attitude with the selected demographic variables.

### Material and Methods

An extensive review of literature was done which enabled the investigator to study in depth the selected problem, to develop conceptual frame work, to



construct the tool, analysis of data and for interpretation.

The conceptual framework of the study was based on Health belief model and it provided the comprehensive framework for achieving the objectives of the study. Descriptive design with non- experimental approach was adopted to assess the knowledge and attitude of primi postnatal mothers about family planning. 100 primi postnatal mothers were selected by using non- probability convenient sampling technique.

The investigator first introduced herself to the medical superintendent via nursing superintendent and obtained permission for the study. A structured interview schedule was prepared and used to collect the data and to assess the level of knowledge and attitude among primi postnatal mothers on family planning. The tool consisted of three sections namely A, B and C. Section A comprised of demographic data. Section B comprised of 30 items for assessing knowledge and Section C comprised of 20 statement to assess the attitude. The content validity was obtained from experts and the reliability was obtained by split half method. Feasibility of the study was confirmed by pilot study.

The data obtained was analyzed and interpreted in terms of the objectives and hypothesis of the study. Descriptive and inferential statistics were used for data analysis; the level of significance was set at 01% level.

#### The findings of the study revealed that :

##### Section A : Demographic profile of primi postnatal mothers -

- The maximum numbers of primi postnatal mothers 63% were in the age group of 20- 25 years.
- The proportion of 100 primi postnatal mothers 68% were Hindus.
- Out of 100 primi postnatal mothers 61% belongs to nuclear family.
- The proportion of 100 primi postnatal mothers 59% had got secondary education.
- The majority of primi postnatal mothers 81% were unemployed.
- Out of 100 primi postnatal mothers 33% got information about family planning through TV/Radio.

##### Section B: Knowledge and attitude of primi postnatal mothers on family planning

**Table : 1.** Level of knowledge of primi postnatal mothers on family planning

Knowledge	Max. Score	Mean	SD	Mean %
General information	5	3.45	1.37	69.00
Temporary family planning	19	11.75	2.93	61.84
Permanent family planning	6	3.18	1.38	53.06
Over all Knowledge	30	18.38	4.22	61.28

Assessment level of knowledge of mothers reveals the mean for overall knowledge of primi postnatal mothers was 18.38 (S.D = 4.22). The highest mean knowledge was for temporary family planning 11.75 (S.D = 2.93) and the lowest mean was for permanent family planning 3.18 (S.D = 1.38). This decrease in the total knowledge indicates that the primi postnatal mothers need more information on family planning.

**Table- 2**

Level of attitude of primi postnatal mothers on family planning

Attitude	Max. Score	Mean	SD	Mean %
General information	35	26.32	3.70	75.20
Temporary family planning	40	31.33	3.62	78.32
Permanent family planning	25	20.92	1.62	83.68
Over all Attitude	100	78.57	8.65	79.06

The assessment of attitude of primi postnatal mothers revealed that the mean score of overall attitude was 78.57% (S.D = 8.65). The maximum level of mean score was obtained in attitude regarding temporary family planning method 31.33% (S.D=3.62) and the minimum score was obtained for attitude regarding permanent family planning 20.92% (S.D = 1.62).

**Section- C:** Correlation between knowledge and attitude of primi postnatal mothers.

**Table- 3-** Correlation of knowledge and attitude of primi postnatal mothers regarding family planning

Variable	Mean	S.D.	r- value
Knowledge	18.38	4.21	0.197*
Attitude	78.57	10.81	

N=100, df = N-2 = 98, \* Significant at 0.05 level

The correlation between the knowledge and attitude showed that there was a positive correlation between knowledge and attitude of primi postnatal mothers with regard to family planning. The null hypothesis HO1, which stated ?There is no significant

correlation between knowledg and attitude among primi postnatal mothers on family planning, was rejected.

**Section D :** Association of demographic variables with the level of knowledge and attitude of primi postnatal mothers on family planning

**Table :4**

Association between selected demographic variables and the knowledge of primi postnatal mothers on family planning

Sr N	Variable	Category	Total Score of Attitude			Chi-square Value	df	Critical Value
			Negative	Natural	Positive			
1.	Age in yrs.	20-25	00	15	48	0.601	2	9.210*
		26-30	00	12	25			
2.	Religion	Hindu	00	15	53	0.541	6	16.812*
		Muslim	00	09	13			
		Christian	00	02	05			
		Other	00	01	02			
3.	Educational Status	Illiterate	00	10	08	6.046	6	16.812*
		Pri. Edu.	00	01	06			
		Sec.Edu.	00	12	47			
		Abov. Sec.	00	04	12			
4.	Husband's Occupation	Service	00	02	46	3.158	2	9.210 *
		Business	00	15	27			
5.	Self Occupation	Working	00	05	14	2.371	2	9.210 *
		House Wife	00	22	59			
6.	Types of family	Nuclear	00	19	42	0.351	2	9.210 *
		Joint	00	08	31			
7.	Residence	Urban	00	11	35	1.321	2	9.210 *
		Rural	00	16	38			
8.	Source of Information	TV/Radio	00	05	28	1.550	6	16.812*
		News Paper	00	03	20			
		Magazine	00	01	11			
		Peer Group	00	18	14			

Level of significance \* at 0.01 on df 6=16.812 & on df 2 = 9.210

There was a statistically significant association found between level of knowledge and demographic variables such as age, educational status and occupation of primi postnatal mothers at  $p < 0.01$  level. Hence, the null hypothesis H02 which stated that ?there is no significant association of knowledge with selected

demographic variables of primi postnatal mothers was accepted.

**Table :5**

Association between selected demographic variables and the Attitude of primi postnatal mothers on family planning

Sr N	Variable	Category	Total Score of Knowledge			Chi-square Value	df	Critical Value
			Inadequate	Moderate	Adequate			
1.	Age in yrs.	20-25	12	40	11	8.750	2	9.210*
		26-30	10	20	07			
2.	Religion	Hindu	09	48	11	0.545	6	16.812*
		Muslim	10	08	04			
		Christian	02	03	02			
		Other	01	01	01			
3.	Educational Status	Illiterate	12	05	01	9.352	6	16.812*
		Pri. Edu.	03	03	01			
		Sec.Edu.	07	40	12			
		Abov. Sec.	00	05	11			
4.	Husband's Occupation	Service	18	24	16	6.667	2	9.210*
		Business	04	36	02			
5.	Self Occupation	Working	02	04	13	4.324	2	9.210*
		House Wife	20	56	05			
6.	Types of family	Nuclear	15	43	03	0.011	2	9.210*
		Joint	07	17	15			
7.	Residence	Urban	05	25	16	2.312	2	9.210 *
		Rural	17	35	02			
8.	Source of Information	TV/Radio	09	16	08	3.337	6	16.812*
		News Paper	01	20	02			
		Magazine	01	08	03			
		Peer Group	11	16	05			

Level of significance \* at 0.01 on df 6=16.812 & on df 2=9.210

There was no statistically significant association between level of attitude and the demographic variables such as age, religion, type of family, educational status, occupation and source of information. Hence, the null hypothesis H03 which stated that? there is no significant association of attitude with selected demographic variables of primi postnatal mothers was accepted.



## CONCLUSION

The present study assessed the knowledge and attitude regarding family planning among primi postnatal mothers. On the basis of findings of the study the following conclusions were made

- Majority of the primi postnatal mothers had moderate knowledge with regards to family planning methods.
- The study shows that there was positive attitude regarding family planning methods.
- There was a positive correlation between knowledge and attitude of primi postnatal mothers with regards to family planning.

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